Living a Lifetime
in
Hawthorn Woods

A Strategic Guide

Aging in a Changing Region

"The Barn" – Hawthorn Woods' iconic Village Hall & Police Station

There are two aspects to a municipality's support of aging-in-community: 1) making a policy commitment, and 2) translating that commitment into programs and initiatives that carry out this commitment. Hawthorn Woods is early in its process of addressing aging-in-community and needs to make its commitment clear and to begin integrating this commitment into daily municipal life. Hawthorn Woods's participation in the Aging in a Changing Region *(AiaCR)* program has been a good first step in moving in this direction and starting to develop a set of tangible strategies and initiatives to advance moving forward. This document is intended to help do just that.

It is common for consultants or outside advisors to include an executive summary when preparing consulting project reports such as this one, with the intent of giving elected officials or other interested stakeholders a brief "at-a-glance" overview of the project. In this instance, however, Planning/Aging believes it will be more instructive to lay out the process of this

engagement, and specifically incorporates Hawthorn Woods' Core Team's feedback to an earlier draft version of this document. All interested parties should read the entirety of this document, which is organized into the following sections:

- *The Aging in a Changing Region Program –* provides an overview of this engagement
- *Municipal Workshops –* generally describes the workshops provided
- *Hawthorn Woods' Aging-in-Community Context –* describes specific background context
- *Hawthorn Woods' Public Workshops –* observations and Input from the workshops
- *Listening Campaign Input –* resident input from a parallel listening campaign
- *Recommendations to support Living a Lifetime in Hawthorn Woods –* specific recommendations grouped into topical categories

WHAT IS
AGING IN COMMUNITY?

Aging-in-community *refers to a coordinated municipality-wide effort to support the evolving needs and interests of its aging population.*

Aging-in-community *is inclusive of the narrower term "aging-in-place" which focuses on one's dwelling, using a broader, community-level lens to identify a set of plans, programs, procedures, and services that in combination help support its older residents.*

Communities that support **aging-in-community** *are by definition "age-friendly" and "dementia-friendly." Some communities choose to pursue and receive either or both the World Health Organization/AARP's Age-Friendly Cities & Communities designation, or Dementia-Friendly America designation, but communities need not have attained specific designations to consider themselves and be considered age- or dementia-friendly.*

Hawthorn Woods' Core Team has indicated an intent to pursue Dementia-Friendly designation.

Throughout the AiaCR engagement, **aging-in-community** *was framed as being consistent with the phrase "livable communities for all ages" as community values typically held by older adults – appropriate and affordable housing options, well-managed and reliable transportation services, convenient goods and services, accessible safe places to gather, access to and engagement opportunities with community matters, and responsive municipal staff and governance – have been found to be virtually identical to values also valued by younger adults.*

Hawthorn Woods' Core Team determined that the most appropriate way to frame the Village's support for aging-in-community would be through taking an inter-generational/multi-generational approach, which they have entitled "Living a Lifetime in Hawthorn Woods." The "Living a Lifetime in Hawthorn Woods" branding will be used throughout this document, and all references to aging-in-community should be understood to be consistent with this approach.

Listening to stakeholder input at Workshop #1

Core Team member & Village Trustee Jim Kaiser greeting Workshop #1 attendees

The Aging in a Changing Region Program

The metropolitan Chicago region – as throughout the United States – is experiencing substantial growth in the number and percentage share of its older adult population. Municipalities throughout the region are seeing these shifts and are looking for strategies to support their growing older adult populations. They are looking to support aging-in-community.

To assist municipalities, three partner organizations – the Metropolitan Mayors Caucus *(MMC, an organization of the region's 275 cities, towns and villages),* the Chicago Metropolitan Agency for Planning *(the regional planning organization for Cook, DuPage, Kane, Kendall, Lake, McHenry, and Will counties),* and Planning/Aging *(a consultancy focused on the intersection of community planning and a growing aging population)* in 2021 received funding from the RRF Foundation for Aging to support these efforts. This program is called Aging in a Changing Region *(AiaCR)* and is based on the idea that regardless of where a

municipality is in discussing, planning, and implementing strategies and projects to support its older adults as they age in community, providing strategic guidance can help advance their aging-in-community efforts.

MMC put out a call for municipalities to apply to participate in the AiaCR program. Interested municipalities submitted applications that combined a self-assessment of their aging-in-community work to date, what their goals were, and what type of assistance they envisioned to help them meet their goals. The application process was designed to attract a wide range of communities and the 2021 Cohort of municipalities – Bensenville, Calumet City, Hawthorn Woods, Mount Prospect and Park Forest – reflects the region's diversity in terms of community geography, socio-economic factors, community type, and aging-in-community experience.

Workshop #1 at St. Matthew Lutheran Church on October 13, 2021

Municipal Workshops

A key element of AiaCR was a pair of workshops that Planning/Aging planned and conducted in each municipality, based upon the community's aging-in-community goals. While aspects of the workshops bore similarities between municipalities, aspects such as timing, target audiences and structure were unique to each municipality, due to their specific preferences.

Prior to the workshops, Planning/Aging reviewed available guidance documents such as the community's Comprehensive, Housing, Transportation, other relevant plans, resident input, or assessments of their communities, and spoke with key stakeholders.

At the workshops, Planning/Aging presented takeaways and conclusions from this review and background on aging-in-community to help attendees get onto the same page and to help build support for it.

The workshop highlights were facilitated discussions that engaged participants to reflect on their aging-in-community experiences – residents sharing perceptions of how the community may suit them going forward, and internal stakeholders considering ways they might augment or modify their current services to better support aging-in-community in the future.

WHAT THIS DOCUMENT ISN'T

ISN'T *a detailed physical plan document with specific infrastructure or other capital projects identified and costed out, with their implementation details outlined*

ISN'T *a compendium of 'best practices' from other local or non-local municipalities – while identifying approaches from elsewhere can be valuable for inspiration, anything planned for Hawthorn Woods should be tailored to the specifics of Hawthorn Woods*

ISN'T *a write-up of a rigorous, data-driven assessment and planning process with a precise schedule for future evaluations and updates, as Hawthorn Woods's involvement with the AiaCR program was a qualitative assessment of current conditions and potential future efforts and strategies*

WHAT THIS DOCUMENT IS

IS *a practical strategic guide tailored to Hawthorn Woods on how to elevate its current support of aging-in-community – designed to be used as an ongoing resource, not to gather dust on shelves due to its unreadability or impenetrability*

IS *specific topical recommendations of actions Hawthorn Woods may choose to take, either through utilization of its existing resources, joining with other entities in collaborative activities, or by engaging external partners*

IS *a working framework of specific action steps that Hawthorn Woods can take to elevate its support of aging-in-community, and which can be modified, adapted, or augmented at any point to even better meet evolving community needs*

Hawthorn Woods' Aging-in-Community Context

In their AiaCR application, Hawthorn Woods' Core Team – Village Trustee Jim Kaiser, Brian Sullivan, Director of the Parks and Recreation Department, and Robin Grooms, Sustainability Coordinator within the Parks and Recreation Department – self-assessed that Hawthorn Woods was at an 'Early Involvement' stage in its commitment to aging-in-community, having recently addressed "aging-in-place" in its Sustainability Plan. They saw involvement with the AiaCR program as an opportunity to develop strategic recommendations to help flesh out and support in an ongoing way Hawthorn Woods's nascent commitment to supporting aging-in-community.

It is fair to say that Hawthorn Woods – founded in 1958 – is aging for the first time.

While Hawthorn Woods' overall 65 years and older population share is lower than Lake County's *(11.3 percent vs. 13.8 percent)*, a closer look tells more. Hawthorn Woods' 75 and Over population share is much lower than Lake County's *(3.2 percent vs. 5.6 percent)*. Most notably, Hawthorn Woods' 35 to 64 years old population share is much higher than Lake County's *(47.7 percent vs. 40.4 percent)*. According to 2021 data, Hawthorn Woods' median age is now 43.3 years old, well older than 2010's 38.2 years old *(as indicated on the Village's website)*.

With the slogan "Rural by Design" and containing within its boundaries both horse farms and a country club, Hawthorn Woods prides itself as 'an upscale estate lifestyle community that places a high

Hawthorn Woods is Steadily Aging

	Hawthorn Woods		Lake County		CMAP Region	
	Count	*Percent*	*Count*	*Percent*	*Count*	*Percent*
Under 5	452	5.4%	40,703	5.8%	518,065	6.1%
5 to 19	2,048	24.4%	152,672	21.8%	1,644,152	19.4%
20 to 34	947	11.3%	128,316	18.3%	1,794,152	21.1%
35 to 49	1,772	21.1%	137,299	19.6%	1,701,494	20.1%
50 to 64	2,235	26.6%	146,144	20.8%	1,635,766	19.3%
65 to 74	677	8.1%	57,332	8.2%	691,947	8.2%
75 to 84	188	2.2%	26,661	3.8%	346,833	4.1%
85 and Over	83	1.0%	12,346	1.8%	150,858	1.8%
Median Age	43.3		38.4		37.5	

Source: 2015-2019 American Community Survey five-year estimates

https://www.cmap.illinois.gov/documents/10180/102881/Hawthorn+Woods.pdf

Hawthorn Woods is "Rural by Design"

value on protecting its natural resources' which makes it a fairly typical "exurban" community. Its aquatic center and park programming currently serve as the central gathering spaces for its array of family-oriented activities, while Hawthorn Woods' future aspirations include a community-connecting bike and walking trail network and a downtown business base.

A review of Hawthorn Wood's guidance documents indicates that this estate lifestyle and family-oriented focus has not placed much attention upon the older adult population or on aging-in-community. The 2014 Comprehensive Plan called for the development of older adult specific housing and transportation to support residents' ability to age in Hawthorn Woods, and identified goals such as walkability, public spaces, and a diversified range of retail and other services that may be seen as supportive of aging-in-community, but it did not go much beyond generalities. The Village also has a longstanding 'Bike Plan' map that identifies existing and proposed paths and trails linking the entire community. More recently, the 2020-2030 Sustainability Plan includes "Collaborate with programs to support our residents in Aging in Place" as a short-term goal, but again there appears to be little to show in terms of actualizing this generalized support. Additionally, "A Guide to Aging in Place" was an effort to identify resources to help residents remain in their homes and the community as they grew older, and this effort should be expanded and updated on an ongoing basis.

Hawthorn Woods' Public Workshops
Observations and Input

- Hawthorn Woods hosted workshops on October 13th and December 8th, 2021, with two residents and five stakeholders, and 15 residents and a couple of stakeholders in attendance respectively

- Residents were originally attracted to Hawthorn Woods for its natural beauty, rural character, open feel and open spaces, and wildlife; they also spoke of its neighborliness

- Attendees spoke of the need for residents to look out on behalf of, and share useful information with, one another; some further stated that this was better than a reliance on the municipal government

- The workshops appeared to be the first instances wherein attendees were asked to publicly think about and discuss aging in Hawthorn Woods

- Attendees identified few concerns specific to aging in Hawthorn Woods, but did identify concerns about their current lives, such as an incomplete network of trails and paths, a lack of sidewalks, and challenges in communications and getting relevant information

- Residents unanimously indicated that they rely on private cars to get around, and had little knowledge of the area's limited public transit services

- Discussion about non-vehicular transportation brought out a mixed response – with walking within neighborhoods and to adjacent open spaces seen as good, but going throughout town *("getting from here to there")* seen as deficient

- Attendees were mixed on whether their current housing will suit them as they age – some felt their current homes

Residents sharing their lived experiences about aging in Hawthorn Woods

The Village logo on a stone bollard along Lagoon Drive

Listening Campaign Input

In parallel with the AiaCR workshops, the Core Team executed an informal listening campaign in which residents and stakeholders were engaged in discussions about the community and ways in which they felt that Hawthorn Woods' older residents could be better served and supported. Some of the points that emerged included:

- A desire for more socialization opportunities
- The need for more services, education, and activities for older adults and their families
- More inter-generational/multi-generational connections
- Heightened knowledge about and access to available resources
- Outdoor access and programming at various physical activity levels
- Interest in a greater variety of housing options
- Concerns about ageism and age-related targeting
- A preference for communications that are not all technology-based
- Interest in technological and energy-conservation training

were fine, others felt that they would need to make modifications to their current homes to better suit them in the future, while others would be interested in finding smaller housing options within Hawthorn Woods

- Virtually all attendees appeared unaware of area agency on aging AgeGuide's existence or the services they provide until a representative introduced them at the workshops
- Resident attendees indicated they get community information from a range of hard copy and digital sources; and indicated they would also rely on a range of resources for information about aging-in-community – although they were less certain as to who
- The Village's departments, sister agencies, and other stakeholder entities are not well coordinated in dealing with Hawthorn Woods' older adult population, and this results in an unintentionally siloed and non-strategic Village approach
- Developing collaborations and partnerships is an important aspect of establishing a whole of government approach to aging-in-community; there is much opportunity here

Recommendations to Support Living a Lifetime in Hawthorn Woods

The following recommendations are specific and unique to Hawthorn Woods and are designed to support its commitment to Living a Lifetime in Hawthorn Woods. The recommendations are grouped into topical categories: Promotion & Commitment; Champions & Ownership; A Whole of Government Approach; Resource Sharing; and The Built Environment.

Promotion & Commitment

Several recommendations address how Hawthorn Woods should promote and leverage Living a Lifetime in Hawthorn Woods and its commitment to aging-in-community.

Clarify the focus: "aging-in-community" or a "livable community for all ages"
As stated above, Hawthorn Woods should decide whether this ongoing conversation would most successfully engage a diverse

AgeGuide CEO Marla Fronczak participating in Workshop #1

cross-section of its residents if the focus were to be on supporting aging-in-community, or whether to broaden the lens to focus on establishing a livable community for all ages in an appeal to attracting residents of all ages. The difference between the two may be seen as less important than how the conversation is framed and what it encompasses, but it will be of ongoing value to make this strategic decision at its onset and ensure that communications and references going forward are consistent and non-contradictory.

The Core Team gave this recommendation much thought and decided that the Village's commitment would be best framed in a multi-generational way as "Living a Lifetime in Hawthorn Woods." It will be designated as such throughout this document.

Elevate and promote the Village's commitment to aging-in-community
With the creation of "A Guide to Aging-in-Place" in 2020, and its participation in the AiaCR program, Hawthorn Woods is off to a good start in supporting aging-in-community as part of Living a Lifetime in Hawthorn Woods, but this commitment needs to become more prominent. Hawthorn Woods should express its support for aging-in-community more visibly, starting with the Village's website, on which support of aging-in-community is difficult to find, as well as in other official communications. A comprehensive evaluation of the website – beginning with

the home page, on which a clear statement such as "We actively support Aging-in-Community!" or "We are committed to Living a Lifetime in Hawthorn Woods!" can set a tone, supported by a continuity of this commitment and purpose on appropriate following pages *(and in all Village communications)*. Clickable access taking one directly from the homepage to a separate "Aging-in-Community" page or a consolidated Living a Lifetime in Hawthorn Woods page might be a good place to gather all relevant information, as it is currently scattered amongst the Parks and Recreation, Sustainability, and Senior Resources pages several clicks from the homepage.

The Core Team agreed that the Village's commitment to aging-in-community as part of Living a Lifetime in Hawthorn Woods should be made more prominent on the website and throughout municipal materials, in part so that it can be held accountable to this commitment.

Combat ageism both in what is communicated and what is implied
Ageism refers to prejudice, discrimination, and stereotyping against an individual based on his or her age, and this is done both consciously and unconsciously. Most older adults live independently and play active roles in Hawthorn Woods' community life. Make an ongoing effort to consciously frame all references to Hawthorn Woods as a community in which older adult residents are seen and characterized as civic assets and resources to be leveraged, rather than viewed solely through an ageist needs-based or a medical lens.

The Core Team, as well as several listening campaign comments, recognizes the importance of addressing ageism. One Core Team suggestion was to develop and adopt a Village 'Nondiscrimination on the Basis of Age'-type policy.

Regularly attend the MMC's Age-Friendly Communities Collaborative and other regional aging-in-community activities
The quarterly Age-Friendly Communities Collaborative meetings typically include representatives of several dozen regional municipalities involved with aging-in-community activities and provide topical knowledge and peer-to-peer learning opportunities. Hawthorn Woods's experiences with and steps taken as part of the AiaCR program will be of interest to other municipalities. Involvement with the Collaborative also serves as a good portal to other regional aging-in-community activities sponsored by a range of stakeholder entities, such as the bi-monthly American Society on Aging topical roundtables *(see the Resources section for further information),* and access to potential funding opportunities.

The Core Team concurs with this recommendation, and Hawthorn Woods will remain engaged with the Age-Friendly Communities Collaborative.

Key stakeholders offered their insights on supporting aging-in-community

Champions & Ownership
The following couple of recommendations deal with the importance of building broad community support for Living a Lifetime in Hawthorn Woods and aging-in-community.

Broaden the ownership of and participation with aging-in-community and Living a Lifetime in Hawthorn Woods
Hawthorn Woods was the only 2021 AiaCR municipality that featured an elected official on its Core Team, which was valuable and should help foster broad community buy-into supporting aging-in-community and Living a Lifetime in Hawthorn Woods. Building upon the Core Team, a wide swath of Hawthorn Woods should collectively "own" aging-in-community, in part to embed this commitment into Village practice, make the Village accountable, and insulate it from potential future electoral or personnel changes. Experience elsewhere has shown that overreliance on specific issue champions – particularly elected ones – can jeopardize the sustainability of a community's commitment to aging-in-community if it gets too closely associated with outgoing officials' or staff persons' agendas. Including residents other than older adults will help make Living a Lifetime in Hawthorn Woods a true community-wide initiative.

The Core Team appears generally supportive of this recommendation, as it is consistent with their intent to "build on community building we began with local stakeholders but involve more residents.

Establish a Living a Lifetime in Hawthorn Woods Committee to play a policy advising and review role
A broadly-constituted entity such as a Living a Lifetime in Hawthorn Woods Committee would help expand issue ownership.
This would require establishing a new committee within the Village Code, as was
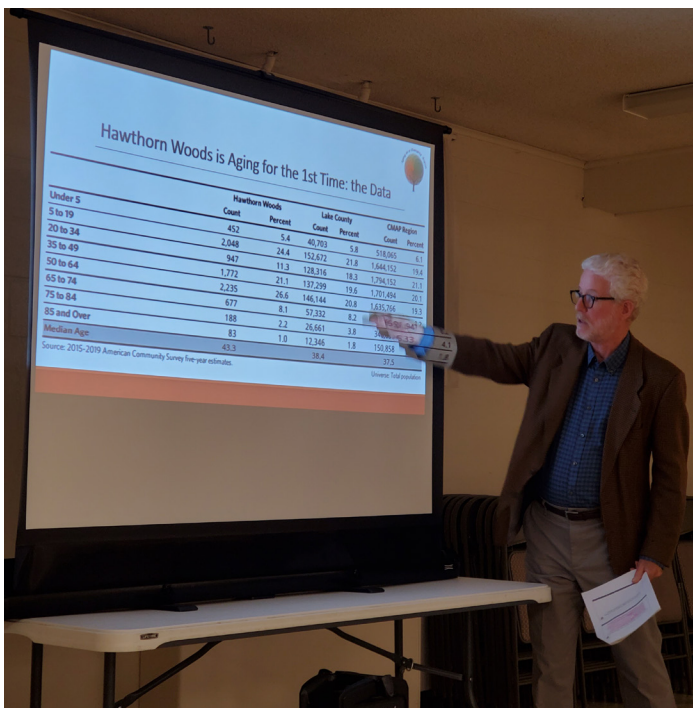
Brad Winick of Planning/Aging presenting at Workshop #1

A Whole of Government Approach

As Hawthorn Woods knows from its existing commitments to sustainability and the Hawthorn Woods in Bloom program, taking a broad and unified approach is a highly effective means of achieving jointly held goals. The following recommendations foster this type of approach.

Commit to taking a 'whole of government' approach to supporting aging-in-community and Living a Lifetime in Hawthorn Woods

Experience elsewhere indicates that a key success factor for building and maintaining a robust aging-in-community program is positioning it within a whole of government framework, wherein diverse governmental departments and sister agencies coordinate in addressing shared issues or challenges, rather than relegating aging-in-community to a single department or agency. While this applies to any municipality, it is particularly important for a small village like Hawthorn Woods that must utilize its human and financial resources creatively and efficiently. Although it has been invaluable that the Parks and Recreation Department has played a leadership role with aging-in-community and the Living a Lifetime in Hawthorn Woods initiative to date, it is important that the rest of Village government buys into and plays a role with the initiative so that it does not get siloed. In addition, multiple municipal departments *(along with elected officials and residents)* would all benefit from ongoing topical education and training.

This recommendation is consistent with the Core Team's principles, specifically those of championing Living a Lifetime in Hawthorn Woods across all municipal departments and services and providing ongoing education.

the case with the Sustainability Committee. This Committee might include members representing the public and private sectors, including key stakeholders *(sister agencies such as the Ela Area and Fremont Public Libraries, and local faith communities and schools),* and residents including – but not limited to – older adults, who with staff support might be charged with: meeting regularly; helping establish a resource repository *(discussed below);* reviewing development proposals as to their impacts on Living a Lifetime in Hawthorn Woods; preparing and presenting to the Village Board an annual 'The State of Living a Lifetime in Hawthorn Woods' report; and sponsoring Living a Lifetime in Hawthorn Woods events.

While not specifically addressed by the Core Team, this recommendation would be consistent with their intent to champion Living a Lifetime in Hawthorn Woods throughout the community and involving more residents.

Incorporate aging-in-community and Living a Lifetime in Hawthorn Woods into key municipal conversations and initiatives Aging-in-community and livability should become important lenses through which proposed or existing Village projects, policies or strategies are viewed and evaluated – regardless of whether the initiatives are seen as primarily benefitting Hawthorn Woods's economic development, infrastructure, sustainability, or other key Village agendas. This evaluation should ask: how do or how would these projects, policies or strategies impact the older adult population? In doing this, the Village will likely find that impacts on older adults will often be consistent with impacts on the overall population – this underscores the consistency between supporting aging-in-community and Living a Lifetime in Hawthorn Woods as a multi/inter-generational commitment.

This recommendation is consistent with the Core Team's principles, specifically that of highlighting issues of livability for the older adult population and striving to provide "best practices" that are more dynamic than policy commitments.

Review existing programs, operations and facilities for their Living a Lifetime in Hawthorn Woods consistency – As an element of its commitment to Living a Lifetime in Hawthorn Woods, Village and sister agency staff should conduct a system-wide assessment of their programs, operations and facilities to identify any elements, requirements or wording that explicitly or unintentionally undercut support for this ongoing commitment, and work with the Living a Lifetime in Hawthorn Woods Committee to remedy their findings. Even if this review does not unearth barriers, it may reveal opportunities for enhancements to foster broader community *(not limited just to older adults)* participation.

This recommendation is also consistent with the Core Team's principles of championing Living a Lifetime in Hawthorn Woods across all municipal departments and striving to provide "best practices" for residents.

Designate Village staff in multiple departments as aging-in-community liaisons

While certain individuals may informally play such a role for the overall Hawthorn Woods municipal government, it is likely that not all residents know this and may search for who to contact on a department-by-department basis. Designating and publicizing a specific staff liaison in each key public-facing department as their aging-in-community designee would make the government more accessible to older adults as well as more efficient, as for instance a resident wanting to report a specific issue or concern would ideally be able to make such a report to the designated aging-in-community liaison within the Departments of Community Development, Parks and Recreation, or Public Works rather than search various departments for the appropriate way to do so. The aging-in-community liaisons should meet regularly and share contacts to learn from one another and address issues proactively and in a coordinated manner.

While not specifically addressed by Core Team, this recommendation would be consistent with their principles of championing Living a Lifetime in Hawthorn Woods across all municipal departments, and of promoting where residents should go for service delivery.

Workshop #2 provided residents with information about available area resources

Resource Sharing

The workshops and listening campaign input made clear that residents (as well as and municipal staff and stakeholders) have limited and incomplete knowledge of many of the services available to them. These recommendations deal with this knowledge gap.

Establish a "one-stop" resource center for information on existing older adult services and programming

Municipal stakeholders and residents clearly lack comprehensive knowledge of existing older adult services and programming available in the Hawthorn Woods region. This lack of knowledge restricts the ability of older adult residents to avail themselves of valuable resources and hampers the ability of municipal stakeholders to make referrals to these resources. An important response would be the establishment and maintenance of a "one-stop" resource center at which residents and stakeholders could learn about and access existing resources. The newly established "Ride Lake County" demand transportation program is a good example of a potentially significant livability resource whose value will depend upon qualified residents being aware of its existence. The resource center could initially be established by staff working with the Living a Lifetime in Hawthorn Woods Committee, with provisions for its ongoing operations and updating established upfront. Hard copy resource information could be made accessible at Village Hall with electronic information available on the Village website.

While not specifically addressed by Core Team, this recommendation is consistent with their intent to "promote available resources and be the place people go for information" and their specific desire to help promote Ride Lake County.

Many Village roadways have 12" wide curb edges, but they do not make safe pathways

Convert one "monthly senior gathering" into an Older Adult Resource Fair
Linking residents with key municipal and aging network stakeholders was a key success of the AiaCR workshops. It would be valuable to build upon this success and stage an annual Aging-in-Community Resource Fair at one of the monthly lunchtime gatherings for older adults. This Resource Fair could be planned and run by the Living a Lifetime in Hawthorn Woods Committee, with potential sponsorship by key stakeholder organizations. Residents could learn about available resources, connect individually with stakeholders, have their questions answered and sign up for existing programs, and attending staff aging-in-community liaisons would help keep their knowledge current.

The Core Team embraced this recommendation as consistent with their desire to build upon current community-building efforts, promote available resources and give access to valuable information.

Develop an aging-in-community handbook to help residents navigate issues and connect with available resources
At the workshops and in the listening campaign, residents expressed questions and concerns that highlighted a lack of knowledge about existing municipal and external programs and services that can impact their aging-in-community experiences. As part of the AiaCR program, CMAP is currently providing technical assistance and developing an aging-in-community handbook template – both digital and hard copy – to be customized in interested municipalities. Hawthorn Woods should monitor this development and express interest in becoming a future handbook community.

The Core Team expressed strong interest in this recommendation, seeing it as consistent with their principle of promoting available resources – and a potential successor to Hawthorn Woods' existing "A Guide to Aging in Place."

The Built Environment

In addition to the physical environment, how Hawthorn Woods deals with elements of the built environment is critical to its support of aging-in-community and Living a Lifetime in Hawthorn Woods. These recommendations address these specific issues.

Review the Comprehensive Plan and other guidance documents for their aging-in-community consistency

As indicated above, the Comprehensive Plan and other guidance documents are vague and limited in their concrete support of strategies supportive of Living a Lifetime in Hawthorn Woods. Similar to the review of existing programs, operations and facilities recommended above, staff should conduct a system-wide review of existing plans and ordinances to identify provisions, requirements or language that explicitly or unintentionally undercut support for aging-in-community and Living a Lifetime in Hawthorn Woods, and work with the Living a Lifetime in Hawthorn Woods Committee and Village Board to remedy any findings.

This recommendation was embraced by the Core Team as being consistent with their intent to "update planning documents with more concrete strategies to address Living a Lifetime in Hawthorn Woods," and their emphasis on being measurable and reviewable.

Use aging-in-community and Living a Lifetime in Hawthorn Woods lenses to review Hawthorn Woods' housing stock

Hawthorn Woods' Comprehensive Plan and zoning map show that ~80 percent of municipal land overall and ~90 percent of residentially zoned land is zoned exclusively for single-family residences, which may be less than fully supportive of aging-in-community and limits the development of a range of older adult housing options. While virtually all of Hawthorn Woods' older adults currently live independently throughout the community, it may become the case that some may find that their current housing situation may not support their ability to age well and safely, due to factors such as the need to navigate stairs or an inability to maintain their large homes. A review of the Comprehensive Plan and the related Zoning Ordinance can determine whether the preponderance of single-family zoning unduly limits potential development of smaller, grouped, or other housing types that might make it easier for older adults to age successfully within the community. Viewing the limited diversity of Hawthorn Woods's housing stock through an aging-in-community and Living a Lifetime in Hawthorn Woods lenses can help identify older-adult related housing needs, quantify gaps, guide housing-related policy decisions, and inform development planning.

The Village is proud of its many lovely open spaces and natural areas

The Core Team enthusiastically embraced this recommendation, and suggested that the Planning, Building and Zoning Commission be tasked with developing a plan that includes "senior-inclusive housing options" and suggested that one strategy might be requiring that there be an older adult housing component for all new housing proposals. Other strategy options might include:

- *Revisiting the lists of permitted and special uses in all residential zones (R1, R2 and R3) to determine whether they support the development of what has been called "Missing Middle Housing" (neither single-family nor dense multi-family housing – see the Resources section for a link to more information)*

- *Reviewing the limitations on accessory uses as part of an assessment of allowing Accessory Dwelling Units*

- *Reviewing the zoning map to identify opportunities to up-zone certain parcels and expand the overall amount or more density-permissive R3 zoning*

- *Reducing the current 10-acre minimum size threshold for more flexible Planned Unit Development designation intended in part "to encourage a variety of dwelling types". Many communities use a 3 or 4-acre size threshold*

Recognize and consider the public realm as an essential element of aging-in-community and Living a Lifetime in Hawthorn Woods
Hawthorn Woods's public realm and its walkability and accessibility are essential elements of a livable community for all ages and its support of aging-in-community. The Core Team and workshop attendees both pointed out connectivity gaps within and between certain neighborhoods and parks. The absence of safe and walkable sidewalks throughout much of the Village -- 12" wide curb edges should not be considered safe

Gaps to the existing sidewalk network limit safe Village-wide accessibility

or walkable -- hampers young children, their families, and older adults. And while Hawthorn Woods is rightfully proud of its Dark Sky Community status and its model lighting standards ordinance, it is important to establish and maintain a balance between this rural character and a safe walkable public realm.

While not specifically addressed by Core Team, this recommendation is consistent with resident input about access, connectivity and safety gathered in the workshops and the listening campaign.

The delivery of this document concludes Hawthorn Woods' involvement with the AiaCR program. It is now up to the Village and the community at large to review, select and prioritize from this list of strategic recommendations and develop specific implementation plans going forward. As Hawthorn Woods's commitments to aging-in-community and Living a Lifetime in Hawthorn Woods are still at an early stage, additional ideas, and strategies can and should be added to this list. The AiaCR partners are eager to watch, hear about, and learn from your experiences going forward.

Aging-in-Community Resources

Listed below are some of the better centralized document repositories at which to find aging-in-community resources. There may be some redundancies as certain documents may be included in multiple repositories. Some of these repositories will provide links to additional resources. Carefully evaluate any resources found here for their applicability to Hawthorn Woods's specific interests and needs.

Aging in a Changing Region Partner Organization Resources

AFCC REPOSITORY - Google Drive
This repository is maintained by the Metropolitan Mayors Caucus and includes both resource materials and documents developed for its Age-Friendly Communities Collaborative.

Home - CMAP (illinois.gov)
The Chicagoland Metropolitan Agency for Planning *(CMAP)* is the federally designated metropolitan planning organization for the seven-county metropolitan Chicago region, and develops and provides plans, programs, and other initiatives.

94b4305c-4586-4bd3-acf1-e177194f8820 (illinois.gov)
CMAP developed this Aging in Place white paper in 2016.

Planning Aging-Supportive Communities
This 2015 American Planning Association *(APA)* Planners Advisory Service report was primarily authored by Brad Winick of Planning/Aging. APA members can download the report for free, others are required to purchase it for $25.

Local/Regional Aging-in-Community Aging Network Organizations Serving Hawthorn Woods

AgeGuide
AgeGuide *(officially known as AgeGuide Northeastern Illinois)* is the Area Agency on Aging as designated by the federal Older Americans Act and the Illinois Department on Aging, and serves as the planning and service agency for DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, and Will counties, and supports partner agencies to provide a range of aging-in-community services, with Lake County services provided primarily by Catholic Charities (**Lake County (catholiccharities.net**).

elatownship.org/departments/seniors/
Through its Ela 55+ program, Ela Township provides a range of recreational, social, and supportive services to Hawthorn Woods residents 55 and older who reside in Ela Township, as well as bus transportation services for residents ages 55 and over or with disabilities

fremonttownship.com/resident-services/for-seniors/
For those Hawthorn Woods residents ages 55 and over, Fremont Township also offers a range of health, wellness, and supportive

services, plus different transportation service options.

Ride Lake County - Starting in May | Lake County, IL (lakecountyil.gov)

On May 1, 2022, Ride Lake County, a countywide, borderless paratransit service with flexible on demand service, geared toward seniors age 60+ and individuals with mobility limitations will be launched. Its service area covers the entirety of Lake County and should be an excellent new resource for eligible Hawthorn Woods residents.

Aging-in-Community General Resources

ASA Roundtables

The local chapter of the American Society on Aging stages free bi-monthly topical Roundtables, often on aging-in-community topics. Currently being staged virtually due to COVID-19, they had previously been presented at Rush University Medical Center in Chicago. Bonnie Ewald (*Bonnie_Ewald@rush.edu*) serves as the roundtable coordinator.

AARP Livable Communities Publications and Resources

This repository is the best location at which to explore AARP's many resources, including its Livable Communities and Public Policy Institute initiatives and publications, and the AARP Network of Age-Friendly States and Communities.

AARP Illinois

While the AARP-Illinois office is in flux due to its current efforts to replace both the State Director and the volunteer State President, they have several staff persons involved with advocacy and community engagement.

Resources for Age-Friendly Communities | The Henry and Marilyn Taub Foundation

The New Jersey-based Taub Foundation includes aging-in-community as one of its primary focus topics and maintains a comprehensive and well-organized aging-in-community library.

Age-Friendly Resources | Grantmakers in Aging (giaging.org)

New York City-based Grantmakers-in-Aging is the preeminent membership organization for philanthropies focused on aging issues. It maintains a resource center full of GIA-funded and other resources.

Publications (usaging.org)

Washington DC-based USAging *(formerly the National Association of Area Agencies on Aging – "n4a")* maintains an extensive searchable database of primarily n4a-sponsored reports and other documents.

Research (ncoa.org)

The Washington DC-based National Council on Aging *(ncoa)* provides research articles and other materials for older adults, caregivers, aging professionals, and advocates, primarily developed by ncoa staff and its partners.

Planning Resources

Search (planning.org) *(American Planning Association resources search results for "aging-in-community")*

The American Planning Association maintains a resource library searchable by topic, including this link to aging-in-community resources.

Transportation Resources

Aging and Disability Transportation Overview | NADTC *(National Aging and Disability Transportation Center)*
The National Aging and Disability Transportation Center *(NADTC)* is a program initially funded in 2015 by the Federal Transit Administration and administered by Easterseals and the former National Association of Area Agencies on Aging *(n4a)*. Its resource center provides information on transportation for older adults and people with disabilities.

Home – National Center for Mobility Management
The National Center for Mobility Management is a program of NADTC that focuses on and maintains resources on person-centered transportation services.

Housing/Aging-in-Place Resources

Missing Middle Housing: Diverse choices for walkable neighborhood living
Opticos Design founder Daniel Parolek coined the term "Missing Middle Housing" to convey the provision of enhanced housing options for sustainable, walkable communities. This link provides examples and resources for consideration.

Aging in Place Resources | Aging In Place Resources for Seniors Living at Home
Aginginplace.com is maintained by its Oregon-based founder Patrick Roden, a nurse by training, and it maintains a comprehensive set of resources dedicated to supporting older adults aging in place.

HomesRenewed™ Resource Center
HomesRenewed was founded by Maryland-based contractor and aging-in-place advocate Louis Tenenbaum and its website provides various aging-in-place materials and resources.

Aging in Place: Growing Older at Home | National Institute on Aging (nih.gov)
The National Institute on Aging is a program of the U.S. Department of Health & Human Services and has developed a database of aging-in-place resources.

Ageism Resources

Home (reframingaging.org)
The Reframing Aging Initiative began in 2012 as a shared initiative of eight national aging organizations to find out how the American public perceives of aging, and once it was determined that this perception was negative, developing an infrastructure of strategies and techniques to convey more positive and supportive messaging. This website offers tools and resources.

Old School: Anti-Ageism Clearinghouse
This clearing house was established by anti-ageism activist Ashton Applewhite and her colleagues, and it provides free and vetted resources to help educate people about ageism and how to dismantle it.

Intergenerational Resources

Resources – Generations United (gu.org)
Generations United is the preeminent national advocacy and informational organization supporting intergenerational collaborations, programs, and policies. Established by a group of organizations that focused on different portions of the lifespan, it maintains a resource library.

Acknowledgements

ABOUT THIS DOCUMENT

This document itself was produced to be supportive of aging-in-community. All of the graphic details – font selection, a minimum 12-point font size, page layouts, the inclusion of graphics, avoiding the use of reversed-out text on light colored backgrounds, etc. – were made to make this document easily legible for anyone with visual sensitivity issues. Just as the body of this document makes the case that municipal decisions supportive of aging-in-community are innately supportive of livable communities for all ages, this document itself should be seen as innately supportive of readers of all ages.

One final aging-in-community recommendation is that all municipal documents, websites, social media postings, etc. should consciously strive to be easily legible for all viewers, including – but not limited to – older adults.